

What people in your community are saying about colon health screening:

"I went in for my first screening when I turned 50. I was so surprised - polyps were found and removed. I feel lucky I was able to avoid colon cancer."

Ellen A.
Seattle

"Only one-half of people who need it do this important screening test. Please take the time to take care of your health."

Dr. Marcus Rempel
Rainier Beach Community Health Center

"I found it very, very easy...nothing difficult if you think about it."

Isabel P.
Family Planning of Clallam County client

"People care about you. Colon health screening is an important part of taking care of yourself."

Dr. Charissa Fotinos
Public Health - Seattle & King County

"Screening is one part of prevention; fruits and vegetables and physical activity will help you stay healthy and feel better."

Dr. Michael Erickson
Seattle Indian Health Board

"Be a positive example for your family and friends. Ask your provider about colon health screening."

Lynda Bishop, ARNP
Family Planning Clallam County

To find a medical provider or to find out about free or low-cost health insurance, call the Community Health Access Program (CHAP) toll free: 1-800-756-5437

For general cancer information call:

American Cancer Society 1-800-ACS-2345
(24 hours a day, 7 days a week)

National Cancer Institute's Cancer Information Service
1-800-4-CANCER TTY 1-800-332-8615

If you are 50 or older,
Colon Health Screening
could save your life

Public Health 
Seattle & King County

www.metrokc.gov/health



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Available in
alternate
formats.

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Stop colon cancer

With regular colon health screening, you can stop colon cancer before it starts.

Colon cancer starts with a growth, also called a polyp, that is not cancer. Colon health screening can find and remove growths before they develop into cancer.

Ask about your family history

If you can, find out if there is a history of colon cancer in your family. It can help your medical provider decide if you need screening before age 50 and which screening test is right for you.

It's important to have a colon health screening if you are age 50 or older, even if you feel fine and have no family history of colon cancer.

Ask to be screened

Don't wait for your medical provider to remind you - if you're 50 or older ask for a colon health screening.

If you have no medical provider or if you need information about free or low-cost health insurance, call: Community Health Access Program (CHAP) Toll free 1-800-756-5437.

Tell others about screening

If you're up-to-date with your colon health screening, good for you! Many people don't get screened because they don't know they should. Share what you know about colon health screening with someone you care about. Colon health screening tests save lives.

Prevent colon cancer

1 Eat a healthy diet

A healthy diet is a delicious way to help prevent colon and other types of cancer. Fruits and vegetables are full of cancer-fighting nutrients and fiber. Try to eat at least 5 servings every day.

2 Move more

Physical activity can help prevent colon cancer. It can also help you:

- sleep better
- have more energy
- improve your mood

Try to get at least 30 minutes of activity, like walking or gardening, every day. It's fine to spread the minutes out during the day.

3 Stop smoking

Smoking increases your risk of colon cancer. Your risk of cancer goes down as soon as you stop smoking. If you smoke, find help and quit. Call the Tobacco Quitline 1-800 QUITNOW.

